What is claimed is:

- 1. A method of forming a field-effect transistor, comprising:
 - forming a channel region within a bulk semiconductor material of a semiconductor substrate, wherein the channel region comprises a first monocrystalline material;
 - exposing a portion of the first monocrystalline material to a surface of the semiconductor substrate;
 - performing an epitaxial deposition upon the exposed portion of the first monocrystalline material, thereby forming extensions of second monocrystalline material; and
 - forming source/drain regions on opposing sides of the channel region, wherein the source/drain regions are in contact with the extensions of second monocrystalline material.
- 2. The method of claim 1, wherein the first monocrystalline material is a doped monocrystalline silicon material.
- 3. The method of claim 2, wherein the second monocrystalline material is a doped monocrystalline silicon material.
- 4. The method of claim 2, wherein the second monocrystalline material is a silicongermanium alloy.
- 5. The method of claim 4, wherein the silicon-germanium alloy comprises between approximately 20-50 at% germanium.
- 6. The method of claim 1, wherein performing an epitaxial deposition further comprises performing an epitaxial deposition in the presence of a dopant material.

- 7. The method of claim 6, wherein the dopant material is a conductivity enhancing material.
- 8. The method of claim 6, wherein the dopant material is germanium.
- 9. The method of claim 1, wherein forming source/drain regions further comprises forming source/drain regions of a polycrystalline material.
- 10. The method of claim 9, wherein the polycrystalline material is polycrystalline silicon.
- 11. The method of claim 10, wherein the polycrystalline silicon is doped to have a conductivity type opposite of a conductivity type of the bulk semiconductor substrate.
- 12. A method of forming a field-effect transistor, comprising: forming extensions of monocrystalline material interposed between source/drain regions of the field-effect transistor and a channel region of the field-effect transistor.
- 13. The method of claim 12, wherein forming extensions of monocrystalline material further comprises forming extensions of epitaxial silicon.
- 14. The method of claim 13, wherein forming extensions of epitaxial silicon further comprises forming extensions of doped epitaxial silicon.
- 15. The method of claim 14, wherein the doped epitaxial silicon is doped with germanium.

- 16. The method of claim 12, wherein forming extensions of monocrystalline material further comprises forming extensions of epitaxially grown silicon-germanium alloy.
- 17. The method of claim 16, wherein the silicon-germanium alloy comprises approximately 20 at% germanium or more.
- 18. The method of claim 17, wherein the silicon-germanium alloy further comprises no more than approximately 50 at% germanium.
- 19. A method of forming a field-effect transistor, comprising: forming extensions of monocrystalline silicon interposed between polycrystalline silicon source/drain regions of the field-effect transistor and a monocrystalline silicon channel region of the field-effect transistor.
- 20. The method of claim 19, wherein forming extensions of monocrystalline silicon further comprises performing an epitaxial silicon deposition.
- 21. The method of claim 20, wherein performing an epitaxial silicon deposition further comprises performing an epitaxial silicon deposition in the presence of a dopant gas.
- 22. A method of forming a field-effect transistor, comprising:

 forming extensions of silicon-germanium alloy interposed between polycrystalline

 silicon source/drain regions of the field-effect transistor and a

 monocrystalline silicon channel region of the field-effect transistor.
- 23. The method of claim 22, wherein forming extensions of silicon-germanium alloy further comprises performing an epitaxial growth of the silicon-germanium alloy.

- 24. A method of forming a field-effect transistor, comprising:
 - performing an epitaxial silicon growth subsequent to forming a channel region of the field-effect transistor and prior to forming source/drain regions of the field-effect transistor;
 - wherein the epitaxial silicon is grown on exposed portions of monocrystalline silicon to form the epitaxial silicon interposed between the channel region and the source/drain regions.
- 25. A method of forming a field-effect transistor, comprising: performing an epitaxial growth of silicon-germanium alloy subsequent to forming a channel region of the field-effect transistor and prior to forming source/drain regions of the field-effect transistor;
 - wherein the epitaxial growth of silicon-germanium alloy is grown on exposed portions of monocrystalline silicon to form the silicon-germanium alloy interposed between the channel region and the source/drain regions.
- 26. A method of forming a field-effect transistor, comprising: forming a region of monocrystalline silicon to define a channel region; exposing a portion of the region of monocrystalline silicon; growing epitaxial monocrystalline silicon from the exposed portion of the region of monocrystalline silicon; and forming a region of polycrystalline silicon in contact with the epitaxial monocrystalline silicon to define a source/drain region.
- 27. A method of forming a field-effect transistor, comprising:

 forming a region of monocrystalline silicon to define a channel region;

 exposing a portion of the region of monocrystalline silicon;

 growing epitaxial silicon-germanium alloy from the exposed portion of the region

 of monocrystalline silicon; and

- forming a region of polycrystalline silicon in contact with the epitaxial silicongermanium alloy to define a source/drain region.
- 28. A method of forming a field-effect transistor, comprising:
 - forming a first trench in a bulk semiconductor substrate on a first side of a channel region within the bulk semiconductor substrate;
 - forming a second trench in the bulk semiconductor substrate on a second side of the channel region within the bulk semiconductor substrate;

forming a layer of dielectric material within each trench;

- removing a portion of the layer of dielectric material to define a first source/drain void in the first trench and a second source/drain void in the second trench and to expose a portion of the bulk semiconductor substrate in each source/drain void;
- forming extensions of monocrystalline material on the exposed portions of the bulk semiconductor substrate in each source/drain void;
- forming source/drain semiconductive material within each source/drain void and to be in contact with the extensions of monocrystalline material; and forming a gate over the channel region.
- 29. The method of claim 28, wherein forming extensions of monocrystalline material on the exposed portions of the bulk semiconductor substrate in each source/drain void further comprises growing epitaxial silicon on the exposed portions of the bulk semiconductor substrate in each source/drain void.
- 30. The method of claim 29, wherein growing epitaxial silicon further comprises growing undoped epitaxial silicon.
- 31. The method of claim 28, wherein forming extensions of monocrystalline material on the exposed portions of the bulk semiconductor substrate in each source/drain

void further comprises growing epitaxial silicon-germanium alloy on the exposed portions of the bulk semiconductor substrate in each source/drain void.

32. A method of forming a field-effect transistor, comprising:

forming a first trench in a monocrystalline silicon substrate on a first side of a channel region within the monocrystalline silicon substrate;

forming a second trench in the monocrystalline silicon substrate on a second side of the channel region within the monocrystalline silicon substrate;

forming a layer of dielectric material within each trench;

removing a portion of the layer of dielectric material to define a first source/drain void in the first trench and a second source/drain void in the second trench and to expose a portion of the monocrystalline silicon substrate in each source/drain void;

forming extensions of monocrystalline silicon on the exposed portions of the monocrystalline silicon substrate in each source/drain void; and forming polycrystalline silicon within each source/drain void and to be in contact with the extensions of monocrystalline silicon; and forming a gate over the channel region.

- 33. A field-effect transistor, comprising:
 - a channel region in a bulk semiconductor substrate;
 - a first source/drain region on a first side of the channel region;
 - a second source/drain region on a second side of the channel region;
 - an extension of epitaxial silicon interposed between the channel region and each source/drain region;
 - a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region; and
 - a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region.

- 34. The field-effect transistor of claim 33, wherein the bulk semiconductor substrate comprises monocrystalline silicon having a first conductivity type, the source/drain regions comprise polysilicon having a second conductivity type opposite the first conductivity type, and the extensions of epitaxial silicon comprise epitaxial silicon having a conductivity type.
- 35. The field-effect transistor of claim 34, wherein the conductivity type of the epitaxial silicon is the second conductivity type.
- 36. The field-effect transistor of claim 35, wherein the epitaxial silicon is further doped with germanium.
- 37. A field-effect transistor, comprising:
 - a channel region in a bulk semiconductor substrate;
 - a first source/drain region on a first side of the channel region;
 - a second source/drain region on a second side of the channel region;
 - an extension of epitaxial silicon interposed between the channel region and each source/drain region;
 - a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region and extending beneath at least a portion of the extension of epitaxial silicon interposed between the first source/drain region and the channel region; and
 - a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region and extending beneath at least a portion of the extension of epitaxial silicon interposed between the second source/drain region and the channel region.
- 38. A field-effect transistor, comprising:
 - a channel region in a monocrystalline silicon substrate;
 - a first source/drain region on a first side of the channel region;

a second source/drain region on a second side of the channel region; epitaxial silicon formed on the monocrystalline silicon substrate between the channel region and the source/drain regions; and a gate overlying the channel region.

- 39. A field-effect transistor, comprising:
 - a channel region in a monocrystalline silicon substrate;
 - a first polycrystalline silicon source/drain region on a first side of the channel region;
 - a second polycrystalline silicon source/drain region on a second side of the channel region;
 - epitaxial silicon interposed between the channel region and each source/drain region; and
 - a gate overlying the channel region.
- 40. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first source/drain region coupled to a bit line and a second source/drain region coupled to the capacitor;

- a channel region in a bulk semiconductor substrate with the first source/drain region on a first side of the channel region and the second source/drain region on a second side of the channel region;
- an extension of epitaxial silicon interposed between the channel region and each source/drain region;

- a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region; and
- a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region.
- 41. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first source/drain region coupled to a bit line and a second source/drain region coupled to the capacitor;

- a channel region in a bulk semiconductor substrate with the first source/drain region on a first side of the channel region and the second source/drain region on a second side of the channel region;
- an extension of epitaxial silicon interposed between the channel region and each source/drain region;
- a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region and extending beneath at least a portion of the extension of epitaxial silicon interposed between the first source/drain region and the channel region; and
- a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region and extending beneath at least a portion

of the extension of epitaxial silicon interposed between the second source/drain region and the channel region.

- 42. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first source/drain region coupled to a bit line and a second source/drain region coupled to the capacitor;

- a channel region in a monocrystalline silicon substrate with the first source/drain region on a first side of the channel region and the second source/drain region on a second side of the channel region; and
- epitaxial silicon formed on the monocrystalline silicon substrate between the channel region and the source/drain regions.
- 43. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first

 polycrystalline silicon source/drain region coupled to a bit line and a
 second polycrystalline source/drain region coupled to the capacitor;
 wherein the access transistor further comprises:
 - a channel region in a monocrystalline silicon substrate with the first polycrystalline silicon source/drain region on a first side of

the channel region and the second polycrystalline silicon source/drain region on a second side of the channel region; and

epitaxial silicon interposed between the channel region and each source/drain region.

- 44. A field-effect transistor, comprising:
 - a channel region in a bulk semiconductor substrate;
 - a first source/drain region on a first side of the channel region;
 - a second source/drain region on a second side of the channel region;
 - an extension of silicon-germanium alloy interposed between the channel region and each source/drain region;
 - a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region; and a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region.
- 45. The field-effect transistor of claim 44, wherein the bulk semiconductor substrate comprises monocrystalline silicon having a first conductivity type, the source/drain regions comprise polysilicon having a second conductivity type opposite the first conductivity type, and the extensions of silicon-germanium alloy comprise silicon-germanium alloy having a conductivity type.
- 46. The field-effect transistor of claim 45, wherein the conductivity type of the silicongermanium alloy is the second conductivity type.
- 47. The field-effect transistor of claim 44, wherein the silicon-germanium alloy comprises an epitaxially-grown silicon-germanium alloy.

- 48. The field-effect transistor of claim 44, wherein the silicon-germanium alloy comprises approximately 20 at% germanium or more.
- 49. The field-effect transistor of claim 48, wherein the silicon-germanium alloy further comprises no more than approximately 50 at% germanium.
- 50. A field-effect transistor, comprising:
 - a channel region in a bulk semiconductor substrate;
 - a first source/drain region on a first side of the channel region;
 - a second source/drain region on a second side of the channel region;
 - an extension of silicon-germanium alloy interposed between the channel region and each source/drain region;
 - a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region and extending beneath at least a portion of the extension of silicon-germanium alloy interposed between the first source/drain region and the channel region; and
 - a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region and extending beneath at least a portion of the extension of silicon-germanium alloy interposed between the second source/drain region and the channel region.
- 51. A field-effect transistor, comprising:
 - a channel region in a monocrystalline silicon substrate;
 - a first source/drain region on a first side of the channel region;
 - a second source/drain region on a second side of the channel region;
 - epitaxial silicon-germanium alloy formed on the monocrystalline silicon substrate

between the channel region and the source/drain regions; and a gate overlying the channel region.

- 52. The field-effect transistor of claim 51, wherein the epitaxial silicon-germanium alloy comprises approximately 20 at% germanium or more.
- 53. The field-effect transistor of claim 52, wherein the epitaxial silicon-germanium alloy further comprises no more than approximately 50 at% germanium.
- 54. A field-effect transistor, comprising:
 - a channel region in a monocrystalline silicon substrate;
 - a first polycrystalline silicon source/drain region on a first side of the channel region;
 - a second polycrystalline silicon source/drain region on a second side of the channel region;
 - epitaxial silicon-germanium alloy interposed between the channel region and each source/drain region; and
 - a gate overlying the channel region.
- 55. The field-effect transistor of claim 54, wherein the epitaxial silicon-germanium alloy comprises between approximately 20-50 at% germanium.
- 56. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first source/drain region coupled to a bit line and a second source/drain region coupled to the capacitor;

- a channel region in a bulk semiconductor substrate with the first source/drain region on a first side of the channel region and the second source/drain region on a second side of the channel region;
- an extension of epitaxial silicon-germanium alloy interposed between the channel region and each source/drain region;
- a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first source/drain region; and
- a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region.
- 57. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first source/drain region coupled to a bit line and a second source/drain region coupled to the capacitor;

- a channel region in a bulk semiconductor substrate with the first source/drain region on a first side of the channel region and the second source/drain region on a second side of the channel region;
- an extension of epitaxial silicon-germanium alloy interposed between the channel region and each source/drain region; a field isolation region laterally adjoining the first source/drain region and extending beneath at least a portion of the first

source/drain region and extending beneath at least a portion of the extension of epitaxial silicon-germanium alloy interposed between the first source/drain region and the channel region; and

a field isolation region laterally adjoining the second source/drain region and extending beneath at least a portion of the second source/drain region and extending beneath at least a portion of the extension of epitaxial silicon-germanium alloy interposed between the second source/drain region and the channel region.

58. A memory device, comprising:

- a plurality of word lines;
- a plurality of bit lines;
- a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and
 - an access transistor having a gate coupled to a word line, a first source/drain region coupled to a bit line and a second source/drain region coupled to the capacitor;

- a channel region in a monocrystalline silicon substrate with the first source/drain region on a first side of the channel region and the second source/drain region on a second side of the channel region; and
- epitaxial silicon-germanium alloy formed on the monocrystalline silicon substrate between the channel region and the source/drain regions.

- 59. A memory device, comprising:
 - a plurality of word lines;
 - a plurality of bit lines;
 - a plurality of memory cells, wherein each memory cell comprises:
 - a capacitor; and

an access transistor having a gate coupled to a word line, a first

polycrystalline silicon source/drain region coupled to a bit line and a

second polycrystalline source/drain region coupled to the capacitor;

wherein the access transistor further comprises:

a channel region in a monocrystalline silicon substrate with the first polycrystalline silicon source/drain region on a first side of the channel region and the second polycrystalline silicon source/drain region on a second side of the channel region; and

epitaxial silicon-germanium alloy interposed between the channel region and each source/drain region.